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THE  
BOOKS GUIDE:

OR,

RARE RECEIPTS

FOR

COOKERY.

PUBLISHED

And set forth particularly for Ladies  
and Gentlewomen; being very benefi-  
cial for all those that desire the true way of dress-  
ing of all sorts of Flesh, Fowles, and Fish; the best  
Directions for all manner of Kickshaws, and the  
most delicious good Sauces: Whereby Noble Persons  
and others in their Hospitalities may be gratified  
in their Gusto's. Never before Printed.

BY HANNAH WALLER.

LONDON

Printed for Peter Dring at the Sign in the  
Poultry, neerer to the King's-Beaver. 1664



To the Honourable and  
truly vertuous Lady

*ANNE WROTH,*

Wife to the Right Worshipful

**Sir HENRY WROTH.**

M A D A M , ,

**T**He Duty I owe to your  
Ladyship and the rest of

A 2

your

## The Epistle

your Noble Familie commands more than this Booke is able to express; but since ill fate hath made me altogether incapable of any worthy Return of your Love and bounty, be pleased to accept this as a Signal of what I am obliged to. I would not willingly dye while I live, nor be quite forgotten when I am dead; therefore have I sent forth This book, to testifie to the scandalous World that I do not altogether spend my Time idly;

## Dedictory.

ly; somewhat of benefit it may be to the young Ladies and Gentlewomen; and such I wish it; (however) it may serve to passe away their youthfull time, which otherwaies might be worse employed.

The Honour your Ladyship does me in accepting the Dedication of it, will, I hope, cherish their belief, and encourage their Practice, and assuredly it doth adde

*The Epistle Dedicatory.*  
*Very much to the Obligation of,*

*Madam,*

Your Honours most Faithful,  
Real, and most Humble  
Servant,

**Hannah Wolley.**

---

To



*To the Vertuous and truly In-  
genuous young Gentlewoman*

**Mistriss Mary Wroth,**

*Daughter to the Right Worshipful*

**Sir HENRY WROTH.**

*Dear Mistress,*

**T**He sublimity of your  
Lady Mothers affairs  
I fear will not permit her  
very often to view this  
A 4 book;

## *The Epistle*

book; besides, her Ladiship needs it not; her acceptation and approbation hereof is my honour only, not her benefit; your practice will be my content, and I doubt not your own. It is a miserable thing for any Woman, though never so great, to be able to teach her servants; there is no fear of it in you, since you begin so soon to delight in those Sciences as may and will accomplish you; this Book I hope

## *Dedictory.*

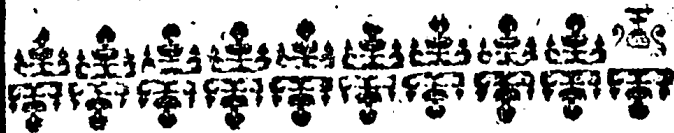
I hope will afford you something; and whatever else you know in me to serve you, be pleased freely to command; I shall always be ready to express my self

*Dear Mistress,*

*Your unfeigned Real Servant, in all*

*Humility and affection*

*Hannah Wolley.*



*To all Ladyes and Gentlewo-  
men in general, who love  
the Art of Preserving and  
Cookery.*

*Ladyes and Gentlemen,*

**I**T is now about two years  
since I sent forth a little Book  
intituled, *The Ladies Directory,*  
or *The true way of Preserving,*  
with a Promise, that if that found  
Acceptance, I would then pre-  
sent you with some of my  
Choicest Cookery; which now  
I have

## *The Epistle*

I have done; also some few Re-  
ceipes more of Preserving. The  
reason why I sent it amongst  
you without the Protection of  
some Noble Person, was, be-  
cause I would not seem to force  
a Favour altogether undeserved;  
but since it is so generally accep-  
ted on, as I find it is, I hope  
you will rather Commend than  
Blame my Modestie; and if you  
please to look back a Leaf or  
two, you will find it hath now a  
Protection. I have joined both  
the Books in one that they may  
pass as one: All you that have  
made trial of my first, will I  
hope be encouraged to the  
*Cookery*

## *To the Reader.*

*Cookery* also. I heartily wish it  
may give you the Benefit you  
desire, and then I shall have my  
Desire.

Thus beseeching your diligent  
Practice herein, I doubt not  
then but to gain the esteem of  
being,

*Ladies,*

*Your unfeigned Friend*

*and Servant*

HANNAH WOLLEY



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**W** Ilde duck boiled  
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# Rare Receipts for Cookery.

*To pickle Cucumbers to look  
very green.*



**T**ake those that you mean to  
pickle, and lay them in water  
and salt three or four daies;  
then take a good many great  
Cucumbers and cut the out-  
sides of them into water, for  
the insides will be too pappy, then boyle  
them in that water with Dill seeds and Fen-  
nel seeds, and when it is cold put to it some  
salt and as much vineger as will make it a  
strong pickle, then take them out of that  
water and salt and pour that over them in  
your vessel, then let them stand close cover-  
ed for a fortnight or three weeks, then

**B**

pour

pour the liquor from them and new boyle it, putting in some whole pepper, cloves and mace, and when it is cold adde to it some more vineger, and a little salt, then pour it on them again, and let them stand a month longer, then boyle it again, and when it is cold put some more vineger, and pour it on them again, then let them stand a longer time, and as you see occasion boyle it over again, and alwaies put your seeds and pieces of Cucumber on the top; be sure your pickle be cold when you pour it over.

*To pickle Purslane to keep all the year.*

**T**ake the biggest stalks picked clean, then strew bay-salt first into your pot, and then the stalks of Purslane, and then salt again, so do till your pot be full, then tye it up close and keep it cool.

*To stretch Sheeps guts.*

**A**fter they are clean scoured, lay them in water nine daies, shifting them onces a day, and they will be very easie to fill; and when

when they are filled they will return to their wonted bigness.

*To make a Sack posset.*

**T**ake a quart of thick cream, boyle it with whole spice, then take sixteen eggs, yolks and whites beaten very well, then heat about three quarters of a pint of sack, and mingle well with your eggs, then stir them into your cream, and sweeten it, then cover it up close for half an hour or more over a seething pot of water or over very slow embers, in a bason, and it will become like a cheese.

*To make Penado.*

**T**ake oatmeal clean picked, steep it in water all night, then strain the water clean from it, and boyle that water in a pipkin, with a blade of mace and some currans; when it is well boyled put in the yolks of two or three eggs beaten with sack, a little salt and as much sugar as you shall think fit, then stir it over a soft fire that it curd not till you think it be enough.

*To make the Orange pudding.*

**T**ake the rind of a small Orange, pared very thin, and boiled in several waters till it be very tender, then beat it very fine in a mortar, then put to it four ounces of fine sugar, four ounces of fresh butter, the yolks of six eggs, and a spoonfull or two of cream, with a very little salt; beat all these together in a mortar while the oven heats, then bake it in puff paste.

*To make French-bread.*

**T**ake half a bushel of fine flower, ten eggs, yolks and white, one pound and an half of fresh butter, then put in as much of yeast as into the ordinary manchet; temper it with new milk pretty hot, then let it lye half an hour to rise, then make it into loaves or rowles, and wash them over with an egg beaten with milk; let not your oven be too hot.

*To make a Made dish.*

**T**ake four ounces of blanched almonds beaten, and strain them into some cream; then take artichoke bottoms tenderly boyled, and some marrow boyled, then boyle a quart of cream till it be thick, and sweeten it with rose water and sugar, then lay your hartichokes into a dish, and the marrow on them, then mix your almonds cream, and the other together and powre it over them, and let it stand upon embers till you serve it in.

*To make a Cake with Almonds.*

**T**ake one pound and an half of fine flower, of sugar twelve ounces beaten very fine, mingle them well together, then take half a pound of almonds blanched and beaten with a little rose water; mingle all these with as much sack as will work it into a paste, and put in some spice, some yeast and plumped currants, with a pound of butter; so make it into a cake and bake it.

*To season a Chicking pye.*

**S** Eason them with nutmegg and sugar, pepper and salt, raisons, currans and butter, when it is baked, put in clouted cream, sack and sugar.

*To make an Herb pye.*

**T** Ake lettuce and spinage, a little time, winter savory, and sweet marjorum, chop them and put them into the pye, with butter, nutmegg, and sugar, a little salt, when it is drawn and a little cooled, put in clouted cream, sack and sugar.

*To stew Gurnets.*

**S** Tew them with white wine and salt, whole cloves, mace, nutmegg and cinnamon; when you take them up, put in some butter and sugar.

*To boyle Place or Flounders.*

**B** Oyle them in white wine, water and salt with some cloves, mace, lemon pill, and some small onions.

*A cawdle for a sick body.*

**T** Ake lemmon possiet drink and thicken it with the yolks of eggs, and sweeten it with sugar.

*To make a Pye with eeles and oysters.*

**T** Ake the oysters from their liquor and put them to the eeles, and season them with pepper, salt and mace, raisons and currants, then put them in a pye with good store of butter and fruit on the top.

*To make a very good Hare pye.*

**T** Ake out all the bones, then lay it on a grid-iron under which is fresh coals, when it begins to dry turn it and sprinkle it with wine vinegar, wherein hath lien nutmegg, cloves and mace bruised, and as it dries sprinkle it with this liquor, so do till you think it reasonable well broiled, then lay it in such vinegar all night; the next day broile it a little, then lard it, and bake it with good store of butter, and eat it cold; adde a little salt.



## Rare Receipts

### To roast a Pike.

**D**RAW a large Pike at the gills; when he is well washed, fill the belly with great oysters, and lard the back with herrings pickled; tie it on the spit, and baste it with white wine and butter with two or three anchoves dissolved therein; rub your dish with garlick, make sawce with capers, lemmon, butter, and white wine, and some anchoves.

### To roast Lobsters.

**T**AKE two great Lobsters alive, wash them clean, and stop the holes as you would to boile them; tie them fast to a spit, the insides together, baste them with water and salt very often till they are readie, which you will find by the redness of them, then have readie some oysters stewed and cut small, put them into a dish with melted butter beaten thick, then take 3. or 4. Spoonfulls of the liquor the oysters were stewed in, and dissolve in it two anchoves, then put the liquor into the melted butter, and put it into the dish where the Lobsters shall lie; then rake the Lobsters and crack the shells that they may be easie to open, and serve them in.

## for Cookery.

### To make a Pumpion pye.

**F**RY it in thin slices with sweet herbs and eggs in butter till it be tender, then put it into a pye with butter, raisons, currants sugar and sack with some sharp apples; when it is baked put in some beaten butter.

### To make a rare Lamb pye.

**T**AKE a legg of Lamb and take out all the meat clean out at the great end, but keep the skin whole, then press the meat in a cloath, then mince it small, and put as much more beef suet to it as the meat doth weigh finely shred; then put to it Naples bisket finely grated, season it with cloves, mace, nutmegg and cinnamon, rosewater and a little salt, then spread some candied orange pill and cittron, mix it together with some sugar, then put part of the meat into the skin, and lay it into the pye, then take the rest of the meat and make it up in balls with egg; and a little flower, then lay them into the pye to fill up the odd corners; then take candied orange and cittron, cut in long narrow pieces and strew over it; do not forget to put in

in some currants into the minced meat; when you lid the pye, leave a tunnel, and when it is baked put into it a cawdie made with sack, sugar, the yolks of eggs and butter; you must put butter into the bottome of your pye, and on the top with some marrow and dates cut in long pieces; this is a very fine pye for those that love such rice pyes.

*To make a pudding of a loaf.*

**C**hip a white loaf, and put it into a skillet a little bigger than will hold it; put as much cream to it as will cover it, put in a blade of mace, and boile it till it be tender, then take it up, and pour melted butter and sack and sugar over it.

*To make rare Cheef-cakes.*

**S**et some cream over the fire, and turn it with sack and eggs, then drain it well, and season it well with rose-water and sugar and eggs, spice, currants, and a few spoonfulls of cream, so put it into your crust, adding a little salt, and so bake them.

*To fry Garden-beans.*

**B**oil them well, then blanch them and fry them with sweet butter, whole pursley, and shred onions, and melt butter for the sauce.

*To make a Sorrel-sallet.*

**P**ick it clean from the stalks, and boile it and butter it well, put in some vinegar and sugar, then garnish it with hard eggs and raisons.

*To boile a Gurnet.*

**D**raw your Gurnet and wash it clean, boile it with water and salt with a faggot of sweet herbs, and a blade of mace; when it is boiled and well-drained pour upon it verjuice, nutmegg, butter and pepper, thickened with the yolks of eggs; garnish your dish with barberies and oringes.

*To roast a legg of Mutton.*

**T**Ake a legge of mutton, pare off all the skin as thin as you can, lard it with sweet lard, and stick about it about a dozen of cloves; when it is half roasted cut off three or four thin pieces, and mince it small with a few sweet hearbs and a little beaten ginger, put in a ladle full of claret wine, a piece of sweet butter, two or three spoonfuls of verjuice, a little pepper and a few parboiled capers; when all this is boiled together, then chop the yolk of an hard egg into it, then dredge your legg with flower, and serve it upon the sawce.

*To boile Chickens in white broth.*

**T**Ru's your Chickens fit to boile, and boile them in fair water, or thin mutton broth with a little salt, a blade of mace, and two or three dates cut in peeces; thicken your broth with beaten almonds, season it with sack, sugar, and a little verjuice.

*To boile Chickens or Pigeons with gooseberries or grapes.*

**B**Oile them with mutton broth, and white wine, with a blade of mace, and a little salt, fill their bellies with sweet hearbs; when they are enough, thicken the broth with a piece of manchet and the yolks of two or three hard eggs strained with some of the broth, then put some of the same broth into a boiled meat dish with verjuice, butter and sugar; then put in your Grapes or Gooseberries scalded tender, and pour it over the breast of your Chickens.

*To make a Dish with the sweet bread of Veal.*

**B**Oile or roast your Sweet-bread, put to it a few parboiled currans, a minced date, the yolks of two new laid eggs, a little manchet grated fine; season it with pepper, salt, nutmeg and sugar; wring in the juice of an orange or lemmon and put it between two sheets of puff paste, and bake it or fry it.

T

To

*To make a Carp pye.*

**V**Wash your Carp well, and after you have scaled it, then draw it and wash it again, then dry it well, then put it in a pye with good store of sweet butter, a little mace, pepper and salt, with a few capers, and a little vinegar sprinkled in.

*To make a Steak-pye.*

**S**Season your Steaks with pepper, salt and nutmeg, and let it lie one hour, then take a piece of the leanest of a leg of mutton and mince it small with oxe suet and a few sweet herbs, then put in grated bread, the yolks of eggs, sweet cream, raisons of the sun, work all together like a pudding with your hand stiff and make it into balls, putting in a little salt, then put them and your steaks into a deep pye with good store of butter, sprinkle a little verjuice on it and bake it, then cut it up and rowle sage leaves in butter, and fry them and stick them up right in your walls, and serve your pye without a cover, with the juice of orange or lemmon.

*To make a Pigg-pye.*

Calld it and slit in the middle, fley it and take out the bones, season it with pepper, salt, cloves and mace, and nutmeg, with sweet herbs fine, with the yolks of two or three eggs, and some plumped currants, then lay the one half of the pigg into your pye, and the herbs and currants and salt over it, and some butter, then lay the other half of the pigg on the top of that, and the rest of the herbs and currants on the top with some butter, and so bake it; you may eat it hot or cold.

*To make a red Dear pye.*

**D**Arboile it and lay it all night in red wine and vinegar, then lard it thick, and season it with pepper, salt, cloves, mace, nutmeg and ginger, bake it in a deep pye or rieve with store of butter; let it soak well, leave a vent hole in your pye, and when you draw it out of the oven, fit it up with butter and vinegar, and so keep it and eat it cold.

To

## To make a Hare pye.

**P**Arboile two Hares and take the fle from the bones, mince it small, and beat it in a mortar, then sawce it in wine and vinegar as you would do red Dear; lap all the about the chine of one Hare; and so it will seem but one; lard it well and put it into your pye with good store of butter, season with salt and spice when you beat it; when it is baked, put in some melted butter to fill it up.

## To make Fritters.

**T**Ake the curd of a sack posset, the yolke of six eggs, the whites of two eggs, and a little fine flower, put in a little nutmeg and some ale, and a little salt, mingle them well together, then slice in some apples very thin, and so fry them in lard boiling hot; if your batter be too thin, it will drink suet; if it be in good temper it will swim.

## To make broth of a Lamb's head.

**B**Oile it with as much water as will cover it, and all sorts of spice you like, thicken it with strained oatmeal and cream; put in some raisons and currans which hath been plumped first, and a little salt; when you take it up put in sack and sugar.

## To make a Cambridge pudding.

**S**earce grated bread thorow a bullender, mix it with a little flower, salt, minced dates, currans, nutmegg and cinnamon, and suet shred, fine new milk, fine sugar and eggs, leaving out some of their whites, work all together pretty stiff, then take half the pudding on the one side and half on the other side, and make it round like a loaf, then take butter and put it in the middle of the pudding; and clap the other half on the top of it; put it into boiling liquor, and when it is boiled enough cut it in the middle and so serve it in.

To make a *Florantine of Keale*, or other cold meat.

**M**ince your meat fine, mix it vwith grated bread, currans, dates, nutmegg and sugar, vwith a little rose-water, a little salt, and two or three eggs, warm them together over a chafing dish of coals, and stir them all the while, bake it in puff-paste; take some of this and lay it upon thin slices of white bread, first washed with the yolks of eggs, and so fry them and serve them in with beaten spice and sugar for the second course.

To boile a Capon with Rice.

**B**oile a Capon with water and salt, and a handfull of small oatmeal, then take a quarter of a pound of Rice and steep it in water, and so half boile it, then strain the Rice thorow a cullender, and boile it in a quart of milk, then put in some large mace and sugar, put in a little rose-water, then blanch half a pound of almonds, and beat them with cream and rose-water, and so strain them into a pipkin by it self and warm them over the fire; then take up your Capon and pour the

the rice over it, and then your almonds; garnish your dish and serve it in.

To boile a Capon with pippins.

**P**arboile your Capon in water and salt, then put the marrow of two or three good bones into a pipkin with a quart of white wine, a little sliced nutmegg, four or five dates, and some sugar; then pare some pippins and cut them in quarters, put them into a pipkin and cover them with sugar and water; then make spets of biskets; then take the yolks of 8. hard eggs, and strain them with a little verjuice and some of the broth wherein the capon is boiled, put them to the pippins with a little sack, stir them together and serve the capon in with them.

To boile a little Duck.

**R**oast and parboile it, then half roast it, then carve it and save the gravy, take store of onions, parsley and pepper, put the gravy into a pipkin with a few currans, large mace and claret wine; boile them together with the Duck; when it is enough put in butter and sugar, and so serve it in.

## To boile sawfages.

**B**Oile them in claret wine, large mace, and sweet herbs.

## To sowce a breast of Veal.

**B**Oile it and lay it in fair water till the blood be gone; then dry it; then take all kind of sweet herbs, beaten nutmeg, cinnamon and ginger; lemmon pill cut in fine pieces; mingle all together, and strew all these on the inside of your veal, then tie it up like a collar of brawn; let your liquor boile being water and salt, then put in your veal; so you may use racks unbound or breast unbound; let it be scimmed very clean, put it in a faggot of sweet herbs and cover it, for that will make it look white; when it is almost boiled, throw in a little sliced nutmeg, large mace and a lemmon sliced; so keep it in the sowce drink and serve it with vinegar; and shred fennel in it, or alone.

## To make a grand sallet.

**T**AKE in the spring time the buds of all kinde of sweet herbs and of violets; and a handfull of capers, seven or eight dates cut in slices, one handfull of raisons of the sun stoned, one handfull of blanched almonds, a handfull of currans, five or six figgs sliced, a preserved orange cut in slices; mingle these together, then take a dish fit for a shoulder of mutton, set a standard of paste in the middit of it, put these mixed things about the standard, set upon your mixed sallet four half lemmons with the flat end downward right over against one another; half way betwixt your standard and the dish side, prick in every one of these a branch of rosemary with preserved Cherries; four hard egges without the shells betwixt your lemmons, the biggest ends downward; prick upon your egges sliced dates and almonds, then lay another garnish between the brim of the dish and the sallet, of quarters of hard egges and round slices of lemmons, then garnish the brim of your dish with preserved orange in long slices,

slices, and betwixt every slice of orange a little heap of capers.

*To blanch Manchet in a frying pan.*

**T**ake the yolks of nine eggs, and five whites, beat them with half a pint of sweet cream, put to them half a penny manchet grated, some sugar, nutmeg, mace, and rose-water, fry it with sweet butter as you would a ransie in a very small frying-pan, when it is fryed wash it over with a little sack and the juice of a lemon, scrape on some sugar and serve it in.

*To make a good Padding.*

**T**ake the crump of a penny white loaf and cut it like dice, then pour over it a pint of sodden cream, and cover it till it be cold, then take the yolks of four eggs, and two whites, beat them very well, and put them to the rest; then put in beaten spice and sugar with some sweet shred small, then adde a little salt; put it into a dish well buttered having first put some thin slices of pipin in the bottom, and some raisons of the sun, then stick on the top some good big pieces

pieces of marrow and so bake it, scrape fine sugar into it and serve it to the table.

*To pickle Hartichokes.*

**G**ather them with long stalks, then cut the stalks off close to the Hartichokes, then take the pith out of the stalks and put it into your liquor which must be water, with pears and apples sliced, and a quince or two; make good store of liquor, boile your liquor a while, then put in your Hartichokes till the pith be tender in the bottoms of them, then take them up and let the liquor seeth a good while after, then let it stand till it be cold, then clense it, and put therewith into your barrel a little salt, then put in your Hartichokes and stop them up close.

*To dry Beef as they do in Holland.*

**T**ake of the Buttock-beef of a fat ox, salt it well with bay-salt four or five daies, then hang it a draining one day, then sew it up in a thin cloth, and hang it up in a chimney to dry; when you would eat any of it, boile it very tender, and slice it so thin that you may almost see thorow it and eat it with a sallat.



## To pickle Cucumbers.

**V**Wipe them very clean, then sprinkle them with bay-salt, and so let them lye three or four hours, then take carraway seeds, fennel seeds, dill seeds, cloves, mace, ginger, nutmeg and cinnamon beaten together, then wipe the salt from your cucumbers and lay them into your pot, and between every lair lay some beaten spices, and let your last laire be spices; then fill up your pot with white wine vinegar and stop them close.

*How to make minced meat to keep  
five or six months.*

**T**ake a legg of beef and boile it very tender, then shred it very fine with store of suet, then season it with spice and salt, then bake it in a pot, and keep it in several pots filled up with melted butter; and when you would eat of it, cut some apples in thin little pieces and stew them, and put in some plumped currans; when they are stewed well, put in some of your minced meat, mix them well together and serve it in upon silver plates.

## To make Dutch sawsages.

**T**ake beef and shred it fine, then season it with salt and spice as you like it, then beat it in a mortar, then fill your guts being made very clean, then put so much salt into water as that it may beat an egge, then boile it; and when it is cold put in your sawsages; you may keep them from Michaelmas to May.

## To make Anchovis of Sprats.

**T**ake a peck of the best Sprats, pluck off their heads, and salt them a little over night, then take a little barrel and lay in it first a laire of bay salt, then a laire of sprats, and so do till you barrel be full, putting in between every laire a few bay leaves and a little lemmon pill, let your last laire be salt, then stop the barrel close that no air get in, then pitch it and keep it in a cool cellar, and once in every week turn it upside down,

down, in two or three months you may use of it.

*To make Rice milk.*

**T**Ake half a pound of Rice, wash it well in warm water and dry it in an oven, after bread is drawn, then beat it to fine flower, then take a pottle of cream and blend a little of the flower therewith, then set it on the fire and thicken it with the rest of the flower, put in such spice as you love, and sweeten it with sugar.

*To make the best Almond pudding.*

**T**Ake half a pound of sweet almonds blanched and beaten with rose-water very well, then boile a quart of cream with large mace and nutmegg; when it hath boiled a while put in the almonds, and boile both together till it will come from the bottom of the skillet, then pour it out and sweeten it with rose-water and sugar; when it is almost cold break in twelve egges, and leave out half the whites, then colour them according to your fancy, and if you put in any currans, let them be first plumped, put in marrow

some

something gross or beef suet finely shred, then fill your skins and boile them a little, then take them out again, and boile them again when they have cooled a little.

*To make a Devonshire whitepat.*

**T**Ake a quart of new milk, a penny white loaf sliced very thin, make the milk scalding hot, then put it to the bread and break it, and strain it thorow a cullender, put in two eggs, a little nutmeg, currans, sugar and salt, and then bake it.

*To make clouted cream.*

**T**Ake the morning milke and scald it at noon, when it pimples slack the fire, then let it stand and harden a little, then take it off and let it stand till the next day; then take it off with a skimmer, and serve it to the table.

*To keep Venison nine or ten months good and sweet.*

**T**Ake a haunch of Venison and bore holes in it, then stop in seasoning into it as you

You do parsley into beef in the inside of it if it be red Deer, take pepper, nutmeg, cloves, mace and salt; if it be fallow deer then only pepper and salt; when it is thus seasoned dip it in white wine vinegar, and put it in an earthen pot with the salt side down, and having first sprinkled good store of spice into the pot, if it be fallow deer three pounds of butter will serve, but if red deer then four pounds; when you put it into the oven lay an earthen dish over it, and paste it close up that no air can get out nor in, so let it stand six or seven hours in a very hot oven; when it is baked take off the cover and put in a trencher and a stone upon it to keep the meat down in the liquor; fill up the pot with melted butter and so keep it, serve it to the table in slices with mustard and sugar.

*To make good White puddings.*

Take three pints of cream, the crumb of two penny loaves, boile your cream with a little mace, slice your bread into a bason, and put your cream into it, then take a pound of sweet almonds blanch'd and beat en with rose-water, half a pound of rice-flower,

flower, the yolks of ten eggs, and as much sugar as you think fit, a little salt, and a good deal of marrow, so fill your skins and boile them.

*To make Angellers.*

Take some new milk and stroakings together, then take some cream, seeth it by it self with whole mace and a little rose-water, then pour it into the milk and the stroakings; when it is very cool put in a little runnet, and when it is come fill the fatts with a skimmer, and break it as little as may be, and let them sink gently of themselves, and as they sink fill them up again.

*To make Cheese-cakes.*

Take three gallons of milk new from the cow, and set it with runnet as for a cheese, then take a quart of cream and slice a manchet into it very thinne, boile it a reasonable while till it be thick, then put it into a bason, and put to it a quarter of a pound of sweet butter, and let it stand till it be cold, when your

your milk is come which you set, break it ad for a cheese, and whey it very well; then break it very fine with your hands, and when it is very small, put in your boiled bread and milk, stir them well together, and put in a pound and half of plumped cultrons or more, two nutmeggs grated, six eggs, yolks and whites, a little salt, almost half a pound of sugar, as much raw cream and rose water as you think fit; do not make them too thick with the cream, nor bake them too much.

*To make clotted cream the best way.*

**T**ake a pail full of stroakings and boile them a little, then put in a quart of sweet cream and boile them together, then pour into several panns and cover them, and when it hath stood all night it will be very thick, then take it off with a skimmer and lay it all in one dish.

*To make a very good Cheese.*

**T**ake a pail full of stroakings almost cold, and put to it one spoonfull of runner or more as you think fit, when it is come, break it a little, let it lye almost one hour, then

put it into a cloth and whey it; do not break it any more but cruse it gently; when it is wheyed, enough put it into the presse in a fresh cloth, and turn it twice a day; put very little salt to it.

*To make a Gooseberry fool.*

**T**ake a pint of Gooseberries or therabouts, scald them very tender, then pour the water from them, and with the back of a spoon bruise your Gooseberries very fine, then take a pint and a half of sweet cream, the yolks and whites of three eggs well beaten, put them to your Gooseberries with one nutmeg quartered, and two spoonfulls of rose water, with much sugar as you think fit, mingle all these together and lay them on a slow fire, keep stirring them, they may not burn; when you perceive it to be of a good thickness, pour it out, and when it is cold serve it

*To make a very good Tansie.*

**T**ake ten eggs, leave out half the whites, beat them very well, and colour them with the

the juice of spinage according to your liking, and put so much tansie amongst your spinage as will give it a taste, then put in half a pinte, or better of sweet cream, half a nutmeg grated, and as much sugar as will sweeten it to your taste, then put in butter in your frying pan, and when it is hot pour in your tansy and stir it till it thicken, then flip it with the back of a spoon, and when one side is fried enough, turn the other, and when it is enough, serve it in with the juice of an orange and butter and sugar.

#### To make an Awalet.

Take ten eggs, and more then half the whites, beat them very well, and put in a spoonfull or two of cream, then beat some butter in your frying pan, and when it is hot put in your eggs and stir them a little, then fry them till you find they are enough, and a little before you put them out of the pan, turn both the sides over that they may meet in the middle, and lay it the bottom upwards in the dish, serve it in with verjuice, butter and sugar.

#### To make puff-paste a very quick way.

Take three pounds of fresh butter, break it in little bits into half a peck of flower or little more; then put in one egg, and as much cold Cream as will work it into a stiff paste, do not mould it too much, for that will melt the butter, and then it is spoiled, but so soon as you can, roul it abroad and make it into what you would have it; this will be extream good if you observe to do it carefully.

#### To make a Florentine.

Take a quart of Cream and eight eggs, yolkes and whites, beat them well and put them into the cold Cream, set it on the fire and stir it till it run to curds, then drain it in a Cullender, and break it well with a spoon; then take a little marrow and cut it and fowr Dates shred small, four bunches of preserved Barberies picked from their stalks, half a handful of grated bread, season it with Rosewater and sugar, some Nutmegs and a little salt; then cover it with some puff-paste, and so bake it.

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To

*To make a fresh Cheese.*

**T**AKE a quarter of a pint of Rosewater, steep in it all night one Nutmeg bruised and a stick of Cinnamon grossly beaten; then take five pints of milk, not so hot as it comes from the Cow, set it with a little Runner, and when it is come drein the curds very well from the whey; then put in the Rosewater strained, and half a pint of thick Cream, sweeten it with sugar and break it very well; then strain it through a cloth, and put it into a little Cullender to shape it; then put it into a Dish with Cream, and Wine and sugar.

*To make a Dumplin.*

**T**AKE a pint of Cream and boyl it with a blade of Mace; then take twelve spoonfuls of grated bread, five spoonfuls of flower; then take six yolks of Eggs and five whites; beat them very well with two spoonfuls of Rosewater and as much fair water, season it with sugar, Nutmeg and salt, mingle them altogether with the Cream, tye it in a cloth, and when your water boyles, put it in  
and

and boyl it one hour and half, and when it is enough, serve it in with Rosewater, butter and sugar.

*To stew a Leg of Mutton.*

**T**AKE a Leg of Mutton and mince it small with a good quantity of suet, then put it into an earthen pot and set it on the coales with a quart of Claret Wine, and a little thin Mutton broth; then put in Raisons, Prunes and Dates, Salt, Cloves and Mace, and let them stew together till you think they be enough, then serve it in upon Sippets.

*To stew a dish of Steakes.*

**T**AKE a Coat of Mutton and cut it into small pieces, bones and all, wash them clean and put them into an earthen pot with a quart of white Wine and a little water, and let it seeth, skim it well, then put in a good handful of Parsly with six Onions, both chopped very small with some whole Cloves, Mace and salt; when it is enough, serve it upon Sippets.

*A boyled sallad of Spinage.*

**T**AKE four or five handfuls of Spinage clean picked, boyl it well in water and salt; then drain it well from the water, and chop it well with the back of a Knife; then let it boyl in a Dish over a few coals with some butter and vinegar; a few plumped Currans; and as much sugar as you think fit, garnish it with hard Eggs, and so serve it in.

*A good supper Dish.*

**T**AKE a leg of Mutton and cut it in thin pieces as long as you can, and three or four fingers broad; then take Parsly, Onions, Penny-royal and Time, and chop them fine with Mutton suet; season it with Wine, Pepper, Cloves, Mace and salt, so lay it up upon the slices of Mutton, and roul them up, and fasten every one with a scure, then roul them in the yolks of Eggs and grated bread, so roast them or bake them in a platter with butter. Thus you may do Veal; but then put in some Currans. These do well baked in a Pye, or stewed with Wine and butter.

*To make a very good Jelly.*

**T**AKE a shoulder of Veal, cut it in three several pieces, but break none of the bones; pare all the fat away as clean as you can, then wash it in five or six waters, and let it lye in water two or three houres, then boyl it in fair water till it be very clean, scum it very well, then take it from the fire and put it into another pot, with a pottle of white Wine, and as much of the broth as Wine, let it to the fire again, and ever as the scum riseth take it off; then set it over a soft fire six or eight houres close covered, then take three or four drops of the stufte, put it into the palm of your hand, and close your other hand to it, and when it is cold chafe your hands together, and if it cleave it is enough; then take it from the fire and strain it when it is cold, take away all the fat and scummings at the bottom.

*To colour it and season it.**For red Jellie.*

**T**AKE a pint of your Jellie stufte, a quarter of a pint of pure white Wine, half

a pound of Sugar, some Cinnamon, Nutmegs and Cloves bruised; then take a Torsel cloth or two, well dried by the fire, and beaten with a stick from the dust; put them into the Jelly stuff, and set them to the fire till it be good and warm; then wring the clothes well till you think it be coloured enough; then put in six or eight whites of Eggs well beaten, stir them well till it be boyled, then take it from the fire, and let it run thorow a Jelly bag.

*For Chrystal Jelly.*

TAke the same quantity of your Jelly stuffe as before, and Sugar, but not so much spice because of the colour, so boyle with the whites of Eggs, and let it run thorow a Jelly bag.

*For Amber colour Jelly.*

TAke the same quantity of every thing as for the red Jelly, only instead of Torsel you must put in a little Saffron.

*To make a Calvesfoot Pye.*

TAke your Calves feet tenderly boyled, and split them in the middle; season them with whole Pepper, salt, Sugar and Mace; then put them into your Pye with good store of butter and Currans, and when it is baked, put in a Caudle made with Verjuice, the yolks of Eggs, butter and Sugar.

*A Made dish for Fish-dayes.*

TAke Time, Sage, Marjorum, of each a like quantity, chop them fine; then take six or eight Eggs beaten, and strain them into the herbs, stir them well together, and season them with salt, Sugar, Cinnamon and Ginger, and some Mace; then put it into a Platter with some butter, and set it over a Pot-head of seething water close covered, till it be hard enough to slice; then slice it, and lay it in a Dish with some melted butter over it.



*To bake Mutton like Venison.*

**M**ake your paste course, and fashion it like a Pye; for Venison parboyl your Mutton in Wine and Vinegar, and let it lye in the same three or four houres; before you parboyl it, thrust your Knife often thorow that the liquor may soak through it, make it sharp with vinegar; then take it out and lard it very thick, and cast Pepper on every side of it; season it with Pepper and salt, and lard in the holes, and put good store of butter into the Pye and bake it; make a vent in the middle of the Pye, and when it is baked fill up the Pye with melted butter, and when you serve it in, stick some Rosemary and Bays in the vent hole, and eat it with mustard and sugar.

*To make a sallad of Lemmons.*

**T**ake the thickest rinds and cut them in halves, and take out all their meat; then boyl the rinds in several waters till you can run a straw thorow them, then pick and scrape them clean and wash them in cold water; then make a syrup with white Wine

vine.

vinegar, water and sugar, and when it is boyled and skim'd, put in your pills cut in some pretty fancies, boyl them till they are cleer, and so keep them.

*To make good Pancakes.*

**T**ake a quart of fine Flower, put thereto eight yolks of Eggs and two whites, mix it with water and make it thin, then put in such spice as you think fit with a little salt; then set over the fire some tryed suet in a Posnet, and when it is seething hot put it into the Fryingpan, and pour it out clean again; then pour in some batter as thin as you can and dry it on both sides, and then put to it so much suet as will cover it, and fry it.

*To make Pancakes.*

**T**ake fair water lukewarm, make batter therewith with grated bread and a little flower and salt, to the quantity of every Pancake, put one Egg, then season it with spice and sugar, and fry them with butter.

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*To make a Haggis Pudding.*

**T**ake your Haggis or Calves ginne clean scowred and watered, and parboyl it well; then take out the Kernels, and chop it fine; season it with salt, Sugar and beaten spice; then put to it a little Cream, and ten or twelve yolks of Eggs, as much grated bread, a few minced Dates and plumped Currans, and so fill your skins, and boyl them carefully.

*To make Isings.*

**T**ake your great Oatmeal, and steep it in Cream one night; then season it with salt, Cloves, Mace and Currans; put in some suet, or some marrow, and a few sweet herbs, so fill you skins and boyl them.

*To make Liver Puddings.*

**T**ake Hogs Liver well boyled, and stamp it well in a Mortar; then put to it good store of suet minced fine, and the yolks of Eggs; season it with salt, Pepper, Cloves & Mace, and a few Currans, and fill the skins & boyl them.

To

*To make good sausages.*

**T**ake some Pork, not too fat, mince it fine, then stamp it in a Mortar; season it with Pepper, salt, Nutmegs, and a little Sage; then beat it well together, and when it is enough, keep it in Gally pots as long as you please; and when you would eat any of them, roul them in your hand like a Sausage, and dip it in the yolk of Eggs, and fry them in butter.

*To boyl a Rabbet.*

**T**ake an old Rabbet, and cut her off by the hind loines, and in the belly of her you must make a pudding with a sweet-bread or Kidney of Veal, sweet herbs, bread, suet, Currans and spice, Eggs and Sugar; boyl it in sweet broth of Mutton or the like, with some chopped Parsly. and salt, and whole spice; when it is almost boyled, put in two handfuls of Gooseberies, then thicken the broth with the pap of Codlings, and put in some fresh butter, so serve it in with your Dish finely garnished.

To

*To make a Tart of Cream.*

**T**AKE a pint of Cream and twelve Egges, yolks and whites; strain them with your Cream, and season it with salt, sugar and spice, put to it a little sweet butter, and a little Rosewater, set it over the fire and stir it that it do not burn till it be thick; then let the whey run clean from it, then strain it from the thin, and fill your Tart; bake it but a little, then cast over it several sorts of sweet meats, and serve it to the Table.

*To make a Tart of Cheescurds.*

**T**AKE your Curds and strain them with the yolks of Eggs, Rosewater and Sugar and some spice; put to it some sweet butter, and set it over a Chaffing-dish of coals till it be hot, then fill your Tart and bake it.

*To make Fritters.*

**T**AKE eight or ten Eggs and half the whites, beat them well, then make a tender Posset of Ale and Milk, and break the curd and the drink together; then take the thickest  
of

of it for liquor to mingle your batter; then take a little Sack, Nutmegs, Cloves and Ginger, a little grated bread, flower, and salt, and apples cut thin; let your batter be very thick, or else it will drink suet.

*To make excellent Puddings.*

**T**AKE a pint of sweet cream, half a handful of Marjorum, as much Penne-royal, as much of Wintersavory, stamp these, and strain them into the Cream; then put in the yolks of Eggs and grated bread, suet, Cloves, Mace, Nutmeg and sugar, with some Rosewater, and a little salt, so fill your skins and boyl them.

*To seeth a Pickeril.*

**T**AKE a fair Pan, a little yest, and a good deal of white Wine and fair water; then slice two Onions very thin and put them to the broth; then put in a little whole Mace, a little salt and half a pound of butter, let them boyl together a good while, then wash your Pike and put his tail in his mouth, and when he is boyled enough, garnish your Dish and make sawce for him with some of the liquor,

liquor, some fresh butter, and an Auchovis or two.

*To boyl Calves lights.*

**B**Oyl them first in water; then take Parsly, Onions and sweet herbs, and chop them small, & when the lights are boyled, put them into a little pot with the herbs and Onions, with some of their own liquor, some butter and Verjuice, and spice, and salt, so let them boyl a little while, and serve them on Sippets.

*To dress Sheeps feet.*

**W**hen they are boyled and blanched, cleave them in sunder; then take the yolks of Eggs, with a little chopped Parsly, and a little salt, and fry them with sweet butter: serve them in with Vercuyce & butter.

*To pickle Quinces.*

**T**ake as much small Ale as will cover your Quinces in the Vessel; then take some of your refuse Quinces, and cut them small, core and all, put them into the liquor with some Pears; cut in pieces a good quantity of either, let these boyl till the one half be consumed;

sumed; then take it from the fire, and strain it, and let it stand all night; then put your Quinces into a Vessel, either of wood or stone, just as they came from the Tree, and to every score of Quinces put in a quart of Perry: be sure you have liquor enough to cover them, then cover them with the refuse Quinces, and put something that will keep them down close in your Vessel that no ayr get in.

*To make Polonia Sausages.*

**T**ake Pork, and pick it clean from the bones and skin, let it not be too fat, mince it well, and beat it in a Mortar very fine; then weigh it, and to every pound of meat, take one ounce of salt; then take Pepper, Cloves, Mace, Ginger, Nutmegs and Cinnamon, of each a like quantity, being mixed together, allow one spoonful of this to a pound of meat; then take Anniseeds Carroway seeds, Coriander seeds, of each a like quantity mixed together and beaten; allow half a spoonful of these to one pound of meat; first season your meat with the salt, kneading it in very well, and so let it lye one day and one night; then

then put in your spices and knead them in very well with a little Muscadine, kneading it morning and evening with a little more Muscadine two dayes together; your guts must now be ready, having before lye in salt and water two dayes, then in sack and musk two dayes more, then fill your guts with the meat, and smoak them one night in the Chimney; then hang them where they may have the warmth of the fire, when they are dry take them down and keep them in a barrel of Wood ashes sifted to keep them as long as you please; if you would not have them dry, take them down and put them into so much oyle as will cover them; after they have been smoaken a night or two (they will keep in oyle seven years) when you would eat of them, boyl them very well, and slice then thin and eat them cold.

#### To sowce a Pig.

**A**fter it is scalded, chine it as you do a Hog, then take the sides and dry them in a cloth, then bone it and lay it in water one day and one night, then take sweet herbs and chop them very small, and slice

slice a nutmeg, with a race of ginger, mingle the spice and herbs well together with a little salt, then strew the fleshy sides with them, and sprinkle some white wine vinegar on them, then bind them up in collars, and tye them hard with pack thred, or rather tape; then boile these collars in water and white wine vinegar, and a good deal of salt; do not boile the head and the claws so much as the collars; when it is well boiled strain the liquor and boile in it whole mace, and put in a sliced lemmon; when you take it off the fire, when it is cold, put in your pigg, and let it lye one week, then serve it in with mustard and sugat.

#### To sowse an Eele.

**T**ake a very large Eele and split it, then take out the bones, and strew it with sweet marjorum, time, rosemary, mace, and some nutmeg; then rowle it up, and tye it hard, sew it up in a cloth, and boile it in water and salt; then make sowse drink for it with beer, water and salt.

*To season a Calves head for a pye.*

**W**Hen you have boiled it pretty well, cut it very clean from the bones, season it with mace, nutmegg and salt, put six hard egges into the pye, and a little above half a pound of butter; when it is almost baked, put in a cawdle made of verjuice, butter, the yolks of egges and sugar, then set it into the oven again.

*To pickle a Goose.*

**T**Ake a Goose and powder her four daies, then take lard seasoned very well with nutmegg, salt and pepper, lard her with it very well; then take two quarts of white wine, and a quart of white wine vineger, and as much water to make it up as will cover her; then put in half a handfull of whole pepper, one handfull of sweet herbs, a handfull of cloves and mace, a handfull of bay-leaves, six grea tonions, six cloves of garlick, boile her till she be tender, and let her lye in the liquor twelve or fourteen daies; then garnish your dish with bay-leaves, and serve it in with mustard and sugar.

To

*To sowse a Turkey.*

**T**Ake the fattest Turkey-cock you can get, pluck it dry, and split it down the back bone, take out all the entrails and wash it clean, and sew up again, then take two quarts of wine, and as much water; put into it large mace, cloves and a handfull of salt; let these on the fire together, and when it begins to boil put in the turkey; let it boile, and skim it well, then set it on a soft fire, and let it stew untill it be tender; then put it into an earthen pan, and let it stand all night, then pour the clean liquor from the dretlings into the pot wherein you mean to sowse it, and put to it two quarts of white wine, a pint of vineger, and a handfull of salt; then put the turkey in, and cover it close; let it lye twelve or fourteen dayes.

*To dress a neck of Mutton the French way.*

**T**Ake a large neck of Mutton, boile it and skim it well, then take two handfulls of parsley, pick it, wash it and put it into a net, and boile it with the mutton with a little fresh butter,

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butter and a little salt; then take a pint of oysters, and stew them in their own liquor with a little whole mace, and a little white wine vinegar, then take half a pound of butter and set it on the coals, keep it beating till it be ready to boyle, then shred the parsley small, and half a lemmon cut small, four or five spoonfulls of white wine vinegar, stir them all together, then put in your oysters; garnish your dish with olives, capers, samphire and lemmon; cover the dish with fippets, and lay your meat on them, then pour over your sawce.

*To make an Apricock pudding.*

**T**ake a quart of sweet cream, and one manchet grated, the yolks of six egges, and three whites, season it with nutmeg, rose-water and sugar; boile your cream first with a little mace, then mingle all this together with some marrow; and when it is ready to go into the oven, cut some preserved apricocks in quarters and put in.

*To baste a shoulder of Mutton.*

**V**hen your mutton is half roasted, cut some of it in bits and mince it; then set it a stewing with the gravy, and some claret wine, nutmeg, capers, samphire and a little vinegar, with some sliced onion; when it is enough, put in some lemmon minced, rinde and all, then lay your mutton in the dish, and pour the rest upon it.

*To make an Almond tart.*

**T**ake half a pound of sweet almonds blanched, and beaten with rosewater, then boile a quart of cream; and when it is cold, take the yolks of eight eggs well beaten and mix them with your cream and almonds, season it with rosewater, nutmeg and sugar, cinnamon, cloves and mace, then bake it in a dish with puff paste; this, if you adde some grated bread, fruit and marrow, it is a very fine pudding.

*To make a make an Hartichoke pye.*

**T**AKE the bottoms of them tenderly boiled, season them with pepper; nutmegg, cinnamon, salt and sugar; having your pye ready raised, put in first some butter, then your Hartichoke bottoms, then whole mace marrow, dates and citron pill, then good store of butter again, with a little white wine or sack; when it is baked put in a cawdle made with verjuice, butter, sugar, and the yolks of eggs.

*To stuff a shoulder of Mutton with oysters.*

**S**PIT it, and cut it flaunting, and stuff it full with oysters, baste it with claret wine and onions; and when it is roasted take all the gravy that comes from it, and some oysters, two anchoves, capers, samphire and a lemon cut small; heat them together, and when your mutton is enough, dish it and pour the sawce over it.

*To make an Oyster pye.*

**T**AKE them out of their shells, wash them and strain their liquor; lay first into your pye good store of butter, whole mace and pepper; put your oysters to their liquor, season them with pepper and nutmeg, then put in hard eggs, whole mace and butter, with a little salt, so close your pye and bake it; when it is baked, put in some white wine, butter, vineger and sugar, with the yolks of eggcs.

*To make Hypochrist of Deal wine.*

**T**AKE four gallons of Deal wine, two gallons of sack, nine pounds of powder sugar, twelve ounces of large cinnamon, none ounces of ginger, half an ounce of cloves, one ounce of coriander seeds, one ounce of nutmegg; put the wine and two parts of the sugar into a tubb, then put in the spice bruiled; let it stand close covered twenty four hours, then put in the rest of the sugar and two wine quarts of milk, stirre them together and run them thorow an Hypocrist bagg;



keep it in stone bottles close stopped, it will keep a month.

*To make a Phraise of apples.*

**T**AKE two pippins, pair them, and cut them in thin slices, then take three eggs, yolks, and whites, beat them very well, then put to it some nutmeg grated, some rose-water, currans and sugar, with some grated bread, as much as will make it as thick as batter, then fry your apples very well with sweet butter, and pour it away; then fry them in more butter till they are tender, then lay them in order in the pan, and pour all your batter on them; and when it is fried a little turn it; when it is enough dish it with the apples downward, strew sugar on it and serve it in.

*To make a Pudding to bake.*

**T**AKE boiled cream, put in some grated bread, yolks of eggs, marrow, dates, blanched almonds beaten fine, salt, rosewater, sugar and spice, candied citron pill, hard eggs, and Iringo roots; so bake it, and serve it in,

To

*To stew chickens.*

**T**AKE two Chickens, pull them and quarter them, wash them clean from their blood, season them with pepper, salt and parsley finely shred, then put them into a pipkin with no more water than will cover them; when they are enough, put in a quarter of a pound of sweet butter, then take up your Chickens, and put in ten eggs well beaten, stir it till it be thick, then pour it over your Chickens, and serve them in.

*To boile a Capon.*

**T**AKE a fat Capon, boile it with water and salt, some large mace, and a bundle of sweet herbs; and when it is almost boiled put in some capers, then cut a manchet, bruise it, and scald it with some of the farr which ariseth from the Capon, then lay your Capon on those sops, and lay the mace on it, and then good store of capers, butter and vinegar.

To

*To stew a Cows udder.*

**T**AKE a Cows udder very tenderly boiled and slice it in thin long slices, put them into a pipkin, with a little thin mutton broth, a piece of sweet butter, and a little beaten ginger, a little sugar, and a few currans, with a little salt; let it stew a while, and then serve it in, but first put in a little verjuice.

*To stew Hartichokes with cream.*

**T**AKE the meat of the Hartichokes tenderly boiled, and let them stew softly between two dishes, with cream, sack, sugar and grated nutmeg; so let it stew till it be all alike; then dish it and serve it to the table.

*To stew Pippins with cream.*

**T**AKE your Pippins, pare them and core them; if you would have them red, bake them first, or else put to them as much water as will cover them, and some cinnamon and cloves unbeaten; turn them sometimes, and

and cover them close; set them over the fire till they begin to be tender, then sweeten them with sugar; and boile them when the sugar is in till they are clear, then put sweet cream to them, and let them stew together till you find they be enough; thus you may do with baked pears.

*To fry toasts.*

**T**AKE a manchet and cut off the crust, then cut it into thin round slices, soak them well in cream, then take three eggs well beaten; and when your batter is hot in the frying pan dip your slices of bread in the egges and fry them; when they are fryed a little pour the rest of the egges on them and turn them, and when they are fryed enough put some rose water, butter and sugar to them.

*To make Hartichoke broth of chickens or veale.*

**T**AKE two Chickens or a piece of Veal, and when it hath boiled and in is skimmed clean, then take as much of the broth, as you shall have occasion to use; put into it a little whole mace, lettuce and spinage, and let it boile,

boile, then take the bottoms of three hartichokes tenderly boiled, and scrape all that is good from the leaves, mingle the scrapings with some of the broth, and put it to the rest and stir it about, beat the yolks of two or three egges, with some vineger or white wine, and some sugar, and then put it into them, with your hartichokes bottoms to heat; but before you put in the egges, take up your Chickens, and dish them with some of the herbs upon them, and some pieces of the bottoms, and let the rest swim by; forget not to put in salt into the water you boile your meat in.

*To make a Calves foot pudding.*

**T**Ake two Calves feet tenderly boiled and filled, mince them small, with the crum of two manchets, that it cannot be discerned what it is, then take half a pound of beef suet shred small, the yolkes and whites of egges, beat them well together; then take one handfull of plumped currans, mix all these with a little salt and some grated nutmeg and sugar, and what other spice you please, put it into the cawle of a veal, being first sewed up like a bagge, and as you put

put it in put in good store of marrow, then tye up in a napkin and throw it in boyling water, and let it boile two hours; then take it up and stick it with blanched almonds, and pour on it verjuice, butter and sugar.

*To make little Apple pasties to fry.*

**T**Ake pared Apples and cut them into small pieces to stew, stew them to papp with claret wine and spice, then put in a good piece of sweet butter, cinnamon, ginger, rose-water, sugar and plumped currans; then put them into the puff-paste and fry them, so serve them in with sugar.

*To some a Pigge whole.*

**T**Ake fair water, Rhenish wine and salt, and when it boiles put in your Pigge, with a branch of rosemary, some large mace, and a nutmeg grated and ginger sliced; boile the Pigge till it be tender; then put in some verjuice and take it up, then slice a lemmon into it, rinde and all, and put in a few bay-leaves; when the liquor is cold put in your Pigge, and let it lye a fortnight, serve it in with mustard and sugar.

To

*To make a Hedge-hogg pudding.*

**T**Ake a twopenny loafe with fair water, and a little milke, the yolkes of five egges, and three whites, one grated nutmegge and a little salt, some sugar and a little rose-water, then butter a wooden dish and put it in, tye it up close in a cloth that no water get in, put it into boiling water; and when it is boiled slip it out into a dish, and prick it full of blanch'd almonds cut in long slender pieces, and raisons of the sun cut in like manner; pour on it rose-water, butter and sugar.

*To make white Metheglin.*

**T**Ake off sweetbryer, violets, sweet marjorum, large time, strawberry leaves, violet leaves, egrimony, of each one handfull; burrage and buglosse, of each three leaves, four branches of rosemary, three or four red gilly flowers, anniseeds, coriander seeds, fennel seeds and carroway seeds, of each half a spoonfull, some large mace; boile all these in a gallon of water for the space of an hour, then strain it and let it stand till it be cold, then

then put in as much honey as will make it strong enough to bear an egg, then boil it well; and when it is almost cold, skim it well, and so in the boiling; then put in a little ale yest about a pint, and beat it soundly with a stick, then tun it up, and hang a little bag in the vessel with nutmeg, cinnamon, ginger, cloves and mace, and lemmon pill; keep the bag down in the liquor; when it hath been sunn'd a while bottle it, and you will find it very rare.

*To make balls of veal or mutton.*

**T**Ake a leg of mutton or fillet of veal, mince it small, with penyroial and parsley, then mingle it with a little grated bread and currans, and two eggs well beaten; season them with cloves, mace, pepper and salt; make them like tennis balls, and crush them together with your hands; boile them in a deep dish with some butter and mutton broth over a chafing dish of coals, and put in a few currans; when they are enough serve them in upon sippets.

*To make a Lamprey pye.*

**T**AKE your Lampreys, pull all the pith that runs along the back, and all the black, then wash them clean: season them with pepper and salt, make the crust of your pye very thick, and put good store of butter in the bottom; then lay in your Lampreys with some large mace, then more butter, and some white wine, so bake it very well, then fill up the pye with melted butter, and keep it to eat cold.

*To make rare Bartlemas beef.*

**T**AKE a fat Brisket piece of beef and bone it, put it into so much water as will cover it, shifting it three times a day for three dayes together, then put it into as much white wine and vinegar as will cover it; and when it hath lyen twenty four hours take it out and drye it in a cloth, then take nutmeg, ginger, cinnamon, cloves and mace, of each a like quantity, beaten small and mingled with a good handfull of salt, strew both sides of

of the Beef with this, and roul it up as you do Brawn, tye it as close as you can; then put it into an earthen pot, and cover it with some paste; set it into the Oven with household bread, and when it is cold, eat it with mustard and sugar.

*To stew Fish.*

**T**AKE of white Wine and Vinegar an equal quantity, grated bread, two or three Anchoves, a few Capers finely shred, and a little salt; put all these together, having liquor enough to cover the Fish, set them into a hot Oven, covered with a dish, and when they are enough, put in some butter and serve them in; if you put in no Capers, then put in sweet Marjorum, Parsly and Onions.

*To stew Soales.*

**T**AKE a pair of large Soales, fley them, wash them, and dry them in a cloth; flower them, and fry them with Beef suet; then lay them in a dish, and take some Anchoves well washed in white Wine; open your Soales, and put the Anchoves into the middle

middle of your Soles; then put in some white Wine or Claret, with a good piece of butter, set it upon coales, and when they have stewed a while, thicken the liquor with grated bread, and grate in a little Nutmeg, and a little salt, and so serve them in.

*To make Almond Custard.*

**T**ake half a pint of Cream, slice into it half a penny white loaf, let it be well steeped; then take half a pound of Almonds blanch'd and beaten with Rosewater, eight yolks of Eggs, four whites, beat them well and mix them together, put to them a quarter of a pound of sugar, a quarter of a pound of butter, and bake it.

*To make Scotch Collops, either of Beef, Veal, or Mutton.*

**C**ut your meat very thin, then beat it with a Rowling pin till it be very tender; then salt it a little, and fry it in a pan without any liquor, and when it is enough, take some butter and the gravy out of the Pan, and a little Vinegar, or the juyce of a Lemon, and some Anchoves, set it on the coales till the Anchoves be dissolved; then put

put your meat into a dish, and pour the sawce over it.

*To make Collored Beef the best way.*

**T**ake a flank of Beef, make brine for it with pump-water and bay-salt, strong enough to beat an Egg; then split your Beef in the middle, and it will make two Collars: then take the skin off, and lay your Beef in the brine with four pounds of suet, and let it lye all night; then take two handfuls of Sage chopped small; one ounce of Pepper, two ounces of Cloves, two ounces of Mace, six great Nutmegs, beat your spice, and mix it with your Sage, and a handful of Taragon chopped small, and two handfuls of salt; then strew these things upon your Beef, and roul it up in Collars, tye it hard, and put it in a pot: then shred your suet and lay on it, put in a pint of Renish Wine, and a pint of water, or better, set it into the Oven with household bread close pasted up, and let it stand all night, when you draw it, take it out of the pot, and turn it; then tye your pot up close again, and let it stand till the next morning; then hang it up in the Chimney not too hot; eat it with mustard and sugar.

*To make a Lumber Pye.*

**T**ake half a pound of Veal, parboyl it, and shred it small with a pound of suet; then grate a penny loaf, and take six Egges, yolkes and whites, season your meat with beaten Cinnamon, Cloves and Mace; then take a handful of Spinage, and a few sweet herbs, chop them very well and put them to the meat, with a quarter of a pint of good Verjuyce, and half a pound of Currans, half a pound of loaf sugar; work all these things together with your hands, and put in a little salt; having your Pye ready raised, take the marrow of two good bones, roul the marrow in the yolkes of Egges: then take two ounces of Suckets, as much of preserved Orange-pill, as much of Citron-pill, as much of Iringo roots: fill your Pye as hard as you can thrust it with the minced meat, and then your sweet meats, then your marrow, and a pound of butter, bake it, and serve it in with a Caudle made with Sack, Rosewater, yolkes of Egges, butter and sugar, pour it into the Pye, and scrape on sugar.

To

*To make Bisket Pudding.*

**T**ake a pound of Naples bisket sliced thin, and put it into a quart of Boyled Cream, let it stand to soak close covered; then take Pippins very small minced, and the marrow of two or three bones crumbled very small, a little beaten spice, Rosewater, Sugar, and a little salt with the yolkes of four Egges and two whites; you may either boyl these in Guts, or otherwise, or bake them.

*To fry Oysters.*

**T**ake of your greatest Oysters, washed well and dryed in a cloth, fry them with a little butter; then take three or four yolks of Egges well beaten, and pour on them when they are in the Pan, and sift a little Flower over them; when they are enough, serve them in with a little butter and white Wine.

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To

*To make Egg Pyes.*

**T**AKE six hard Eggs, pilled and chopped very small, with six Pippings, and a pound of suet; season it with beaten spice, sugar, Currans, salt, Rosewater and Sack: so fill your Pyes and bake them.

*To make Barley broth.*

**T**AKE a Knuckle of Veal, set it on the fire with four quarts of water, and a little salt; when it boyls and is skim'd, put in a pound of French Barley well washed, and a bundle of sweet herbs, and when they have boyled half an hour, put in as many Raisons of the Sun stoned, and as many Currans as you think fit, and six sliced Dates; when they have boyled half an hour, put in some marrow in little pieces, and let them boyl softly till half be boyled away; then beat the yolks of Eggs about four or five, and fill up the Porringer with Sack, beat them well together, and mingle them with some of the warm broth, and stir them in over the fire; put in Rosewater and Sugar, and so serve it in.

To

*To make a Rice Pudding.*

**B**OYL half a pound of Rice over night in Milk, the next morning put to it the crumbs of two Manchets, a little Cream, and a quarter of a pound of suet; put in salt, spice, sugar and Currans, and the yolks of Eggs, boyl it, and serve it in with Rosewater, butter and sugar.

*To make an Oatmeal Pudding.*

**S**TEEP some Oatmeal in Milk all night, in the morning pour the Milk from it; then put in some Cream, beaten spice, salt and Currans, with as many Eggs as you think fit, stir these together & boyl them in a bag, made like a Jelly bag, and so boyl it for four houres, then serve it in with melted butter.

*To make a green Pudding.*

**T**AKE a pint of boyled Cream, and while it is hot, slice in the crumbs of two Manchets, cover it close and let it scald; then stir it well together, season it with salt and beaten spice, Rosewater, Sugar, and what

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Eggs



Eggs you please, some marrow, and some suet, with a little more Cream; then colour it with the juyce of Spinage, and either boyl it or bake it; then scrape on sugar and serve it in.

*To stew Oysters.*

TAke three pints of Oysters with their liquor, stew them with a blade of Mace and a sprig of Time; when they are enough, take the liquor from them, and lay them before the fire to dry; then take the yolks of Eggs well beaten, put to them a piece of butter, some juyce of Lemmon and Sugar; thicken it over the fire, and pour it over the Oysters, and so serve them in.

*To stew a Rump of Beef.*

TAke a Rump of Beef, and when it is half boyled, put it into an earthen pot, put to it a quart of its own liquor, and a quart of Claret Wine, half a handful of Capers, as much Samphire, as much pickled Cucumber sliced, two Onions sliced, with some Mace, Nutmeg and salt; cover it close and bake it, and serve it in with Sippets.

To

*To make a good fresh Cheese.*

TAke the whites of ten Eggs, and beat them very well; then take a pint of Cream, set it on the fire, and stir your whites of Eggs in it till it be thick; then put it in a coarse cloth two or three houres, then open your cloth and sweeten it, and put in a little Sack and Rosewater; then put it into a little Cullender fit for that use, and thrust it hard with the back of a spoon; when you serve it, slip it into a dish, and eat it with Cream, Wine and Sugar.

*To make sawce for a Cods head, or any other fresh fish.*

BOyl your Fish in salt and water, and a bundle of sweet herbs, and when it is boyled, take six or eight spoonfuls of the liquor, put to it half a pint of white Vine & three Anchoves, and two Nutmegs sliced, set it on the fire and stew it; then strain it thorow a hair sieve, and put in some sweet butter, and beat it together, and pour it upon your Fish.

To

*To fry a Coast of Lamb.*

**P**Arboyl it, and take it clean from the bones; then take the yolkes of five or six Eggs beaten, and a little sweet Marjorun and Parsly chopped small; beat them with your Eggs, and cut the Lamb in little pieces, wrap it in the Eggs, and fry it with water and salt, make sawce for it with white Wine, butter and sugar.

*To make sawce for Snipes, or for any small Birds.*

**T**Ake Claret Wine, salt, and the gravy of any kind of meat, the crumbs of bread, and some Sage leaves or Bay-leaves, boyl them together; then cruse the juyce of a Lemmon, take out the leaves, and put in some butter.

*To make a Carp Pye.*

**T**Ake a great Carp and scale it, gut it and wash it very clean, season it with spice and salt; then put butter into your Pye, then the Carp, then some whole spice, and some sweet

sweet herbs with some Capers, then some more butter, so close it and bake it.

*To stew a line of Mutton.*

**B**One it, and slice it, then stew it with as much white Wine as will cover it; then put in salt, and store of Sives shred small, with some grated Nutmegs; when it is well stewed, put in Verjuyce, butter and sugar.

*To stew a Calves head.*

**B**Oyl it in white Wine, water and salt, and when it is tender, cut the one half of the head into little pieces; then cut some Oysters and mingle them together with a blade of Mace, and a little Pepper and salt, and a little liquor of the Oysters; put in two or three Anchoves, put the other half head to them whole; when it is enough, thicken the sawce with yolkes of Eggs, and serve it in.

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*To make a fricasse of Chickens, or any meat else.*

**C**ut your meat in little pieces, and put it in a frying Pan with water and a little salt, and when it is almost stewed enough, put in some Oysters with their liquor; put in sweet herbs, Nutmeg, and a little Orange-pill, and when you think it is enough, take up the meat, and put some butter into the sauce; then thicken it with the yolkes of Egges over the fire, and pour over it,

*To dry Neats Tongues.*

**L**et them lye in brine made with Salt-pepper and salt one week; then make new brine, and let them lye a fortnight in that; then hang them in the Chimney.

*To stew Carpes.*

**T**ake four Carpes, wash them clean, lay them in a dish, open their bellies, and take out their guts, and let the blood run into the dish; then put to them a quart of Claret Wine, and slash the Carpes over in several

several places with your Knife; then put in some pickled Mushrooms, & some Anchovies washed, half an ounce of Mace, half an ounce of Nutmegs, some sweet herbs, and some Parsly; when they have stewed a while, put in three pints of Oysters with their liquor, two cloves of Garlick and a little salt, with some Capers, let them stew upon a Charcoal fire softly for three houres or more; then put in some sweet butter, and shake it well together; then garnish your dish with Barberies and Oysters, Capers, Lemmon, and such like, and serve it in.

*To make a Larke Pye.*

**T**ake the Kidney of a roasted loin of Veal, shred it; then take two Eggs, one Nutmeg grated, a little beaten Cinnamon, grated bread, Rosewater and Sugar, with a few Currans, and a little salt, warm this together over a Chaffing dish and coals; then take your Larks clean dressed, and fill their bellies with this, and of the remainder make round balls, then put butter first into your Pye, and then your Larks and balls, preserved Barberies, Dates, Marrow and Sugar; when it is baked, hut in a Caudle made with white Wine, yolks of Egges, butter and sugar.

*To boyl a breast of Veal.*

**B**Oyl it with water and salt, and a bundle of sweet herbs till it be tender; then take some of the broth, and thicken it with hard Eggs; then dish your Veal, then put in Verjuyce, butter and Capers into your sawce, & thicken it with the yolks of raw Eggs beaten, and pour it over your meat, being layd upon Sippers.

*To stew Pigeons.*

**S**Tew them in white Wine and water; put in whole Mace, whole Pepper and salt, with some Artichoke bottoms tenderly boyled; when they are enough, put in some butter and serve them in.

*To fry Puffes.*

**T**AKE half a pint of Flower, a little Cream, and one Egg, a little good butter, and a little Nutmeg; knead it into a paste, and roul it as thin as a Pye-lid; cut them into what form you please, and fry them in lard or Beef suet; serve them in with beaten Cinamon and Sugar,

*To make a Hash of Veal.*

**T**AKE half a leg of Veal and slice it thin, then with the back of a Knife hash it well on both sides; then take sweet herbs chopped very small, and six Eggs, yolkes and whites beaten very well, put them into the dish with the meat and herbs, with a little water and salt according to your taste; beat them thoroughly with your hands, and put them into the frying Pan; then half fry it with sweet butter, and put it betwixt two dishes with more butter and vinegar, turn it now and then, and let it not stew too fast.

*To roast a shoulder of Mutton.*

**T**AKE a shoulder of Mutton and cut off both the flaps, that it may look like a shoulder of Veal; then take Parsly and Onions with a little Samphire shred small, and stufte the shoulder of Mutton well with it, and into every place where you stufte it, pour in with a little spoon some liquor of the Samphire; then lay it to the fire, and set under a dish with Claret Wine and butter, baste it with that; then take some other Claret Wine, and

and put into it a sliced Onion, boyl them together, and when your meat is enough, put it into the dish to the Wine and Onions; then put in the juyce of a Lemmon, and serve it in.

*To make morning milk Cheefe.*

**T**ake morning milk and some stroakings while it is warm; then take two quarts of fair water made somewhat hot, or rather seething hot, put it to your milk; then take a good handful of Marigold flowers, stamp them in a wooden dish, with the yolkes of four or five new layd Eggs, then strain them into your milk, and put Runnet to it, and when it is come, break it, and whey it, and put it in a Cheese Moat.

*To make a Hasty pudding that will butter it self.*

**T**ake a quart of Cream and boyl it with grated bread, and as many plumped Currans as you shall think fit, with some spice and a little salt; when you perceive it to be enough, put in the yolkes of four Eggs well beaten, and a litte Rosewater and sugar; then

then let it boyl a very little, and turn it out into a dish, and serve it in.

*To roast a Calves head whole.*

**T**ake a Calves head, and make as little a hole in it as you can to take out the brains; then lay the head in water one night, then dry it with a cloth, and fill it with a Pudding, then roast it and baste it well with butter and a little salt; when it is almost roasted, strew it with grated bread; when it is quite roasted, pour over it Vinegar, Cinnamon, butter and sugar, but first cleave it in sunder.

*To boyle a Salmon, or part of one.*

**B**oyle it with water and salt and a bundle of sweet herbs; to a tayl of Salmon take a quart of Oysters, and stew them in their own liquor with a blade of Mace, and two or three Anchoves, and a few corns of Pepper; when your Salmon is enough, dish it, then take your Oysters and some shrimps boyled, and the shells taken off, with some butter and liquor of the Oysters; beat them together with a spoon till it be thick, then

G

pour

pour it over your Salmon and serve it in : garnish your dish with crufts of Manchet grated, and slices of Lemmon.

*To make white broth with Capons.*

**T**Russ your Capons and boyl them with fair water, then put to it in three pints of that liquor, and put to it a quart of Sack, and as much white Wine : slice in two ounces of Dates, put in whole Mace, Cloves, Cinnamon and sliced Nutmegs, boyl this in a pipkin till the Dates begin to be tender; then put in the marrow of two bones, and let it boyl softly; when your Capons are ready, break twenty Eggs, and take the yolks only, beat them well, and strain them with a little cold broth; then mix them with some of the hot broth, then put into your broth Raisons stoned, and Currans; when it is boyled enough, put in your Eggs and a little Cream, and some Rosewater and Sugar.

*To make sawce for any Fowl.*

**T**Ake the gravy of any Meat, Wine, Anchoves, Onion, Butter, and sliced Nutmegs.

To

*To sawce a Calves head.*

**B**Oyl it in as much water and salt as will cover it with a bundle of sweet herbs, white Wine and white Wine vinegar, sliced Ginger, whole Mace and Lemmon sliced, boyl it till it be tender, then keep it in the sawce drink for about a week; when you serve it in, set it upright in a dish, and stick a branch of Rosemary in the mouth and in the eyes; garnish with Jelly and pickled Cucumbers, saucers of vinegar with Jelly and Lemmon mixed with it.

*To make Cheese loaves.*

**T**Ake the tender curds of new Milk Cheese, press them very well from the whey, break them as small as you can possible; then take the crumbs of a Cheat loaf, and as much curd as bread, the yolks of eight Eggs and four whites beaten; mingle them with some thick Cream, make them up with a little flower into little loaves, and bake them upon buttered Plates; then cut them open at the top, and put in Rosewater, butter and sugar, with some Nutmegs grated, and stir the crumbs of them together.

G 2

To

*To roast a Hare in the skin.*

**T**AKE a Hare, as soon as you have killed her, paunch her and wash her clean; then fill the belly full of butter, and sew it up close; then split it and roast it, and when you think it is almost enough, pull off the skin and baste it, and dredge it, and make Venison sawce for it, it will eat very moist.

*To make French Bread.*

**T**AKE a peck of Flower, and a good pint of Ale yest; strain the yest into some warm water, knead your past very light, put in but a very little salt, and knead it a great while longer then any other bread; then lay it to rise in a warm cloth before the fire, then having your Oven very hot, make it into three Loaves, wash them over with the yolks of Eggs and Beer, and let them bake four houres; if you would have your bread very excellent, you must add to this quantity the yolkes of twenty Egges; and a little Milk, and a little Sack.

To

*To make a Spinage or Lettice Tart.*

**T**AKE Spinage or Cabbage Lettice, boyl them in water and salt till they be very tender, then put them into a Colender to drain the water from them till they be very dry; then lay in the bottom of your Tart thin slices of butter, then stoned Prunes, then beaten Cinnamon and Sugar, then your herbs, then more spice and sugar, then more Prunes and butter, and so close it.

*To pickle Oysters.*

**T**AKE your great Oysters, and save the liquor that comes from them, strain it into an earthen Pipkin, put to it some white Wine and white Wine vinegar, whole Pepper, whole Mace, sliced Ginger, Cloves and Bay-leaves with a little salt; when it hath boyled a little put in your Oysters, and let them boyl two or three walnes; then take them up and boyl your liquor a little longer, and when it is cold put in your Oysters and barrel them up, or keep them in Gally Pots close stopped.

G 3

To

*To make a Potato Pye.*

**S**Cald them well and pill them; then put butter into your Pye, then whole Mace, then Potatoes with Marrow, Cinnamon, Mace and Sugar, then butter, so close it, and bake it, and when it is baked, put in some white Wine, butter and sugar, with the yolks of Eggs.

*To make a Neats-tongue Pye, to be eaten hot.*

**T**Ake fresh Neats tongues, boyl them in water & salt till they be very tender, then case them, and when they are cold, cut them in thin slices; then put butter into your Pye, then your Neats tongue, then a little Pepper, whole Mace, Raisons of the sun and sugar, with some salt, then butter again, so close it and bake it; and when you serve it in, put in white Wine, butter and sugar, and the yolks of Eggs.

T.

*To roast Pork without the skin.*

**T**Ake any small joynt of Pork, and lay it to roast till it will pill; then pill it and stick it with Rosemary and Cloves, then baste it with butter and salt, make sawce for it with bread, water, Claret wine, beaten Cinnamon boyled together; then put in butter, vinegar and sugar.

*To make Pig eat like Lamb.*

**T**Ake a fat Pig, fley it, and cut it in quarters, and truss it like Lamb; then draw it with Parsly and roast it, baste it with butter and salt, and when it is enough flowre it, and make sawce for it with butter, juyce of Orange and Pepper.

*To make Cabbage Cream.*

**T**Ake twenty five quarts of new Milk, set it on the fire till it be ready to boyl, and stir it all the while that it cream not; then pour it into twenty several Platters as fast as you can, and when it is cold take off the Cream with a Scimmer and lay it on a Pye-plate,



plate in the fashion of a Cabbage crumpled one upon another; do this three times, and between every laire, lay on with a Feather Rosewater and Sugar made very thick.

You may take Cream boyled with spice and stir'd all the while; then seasoned with Rosewater and strained Almonds; and stir it till it be cold; then take roasts of Manchets cut thin, not too hard, nor too brown, lay them in the bottom of the dish, and lay the Cream upon them; this is very good of it self; but if you please you may add your Cabbage Cream to it; cover it, and so serve them in both together; if you please you may colour some of the Cream, either with red Sanders, Tansel, Saffron or Spinage, and that will make it look very like a Cabbage.

*To make a Trifle.*

TAke sweet Cream; season it with Rosewater and Sugar, and a little Mace, boyl it a little; then let it stand till it be lukewarm; then put it into such little dishes or bowls as you mean to serve it in; then put in a little Runnet and stir it together; when you serve it in, cast on what Comfits you please.

T

*To make thick Cream.*

TAke sweet Cream, a little Flower finely searsed, large Mace and a stick of Cinamon, Rosewater and Sugar, let these boyl together till it be somewhat thick, then put to it thick Cream and the yolks of Eggs beaten, and let it seeth a very little time for fear of turning; then pour it out, and serve it in cold.

*To make Creames of Paste or Follies.*

BOyl your Cream and put Eggs into it, as for a Fool, then slice the sweet meats very thin, and boyl them; then sweeten it, and put it into a Dish.

*To make Cakes without Plumbs.*

TAke four pound of fine Flower, rub it into one pound of sweet butter very well; then with warm Cream and Ale yeast temper it into a paste, put in a little Rosewater and several spices beaten; let it lye by the fire till the Oven heat, and when you make it up, knead into it half a pound of Carraway Comfits, three quarters of a pound of bisket Comfits;

fits;

fits; make it up as fast as you can, not thick nor cut it too deep; put it in a Hoop well buttered, and wash it over with the white of an Egg, Rosewater, Sugar; then strew it with some Comfits.

*A Sack Posset without Milk.*

**T**ake thirteen Eggs, and while they are beating, take a quart of Sack, half a pound of fine sugar, a pint of strong Beer, let them boyl together a while; then take it off and put in the Eggs, stirring them very well; then put it into a Bason, and cover it close with a dish; then set it over a very soft fire till you see it arise with a curd: then serve it in with beaten spice.

*To preserve Gooseberries, green and whole.*

**P**ick them clean, and put them into water as warm as Milk, so let them stand close covered half an hour; then put them into another warm water, and let them stand as long; so do three times, then take their weight in fine sugar and make a Syrup, then put them in and let them boyl softly one hour;

hour; then set them by till the next day, so do twice, then take them out of that Syrup, and make new Syrup, and keep them in it all the year.

*To make a Codling Tart.*

**S**cald them well & pill them, then rub them through a strainer, and put them into a dish with some Rosewater and Sugar, and some whole Cinnamon, so let it stand over a Chaffing dish and coals a good while close covered, stirring it now and then; then take out the Cinnamon, and fill your Tart and bake it but a little, and when it is enough, pour in a Custard, and let it stand a while in the Oven.

*To make a Sillibub.*

**T**ake a Lemmon pared & sliced very thin, cover the bottom of your Sillibub pot with it; then strew it thick with fine sugar, then take Sack or white Wine, and make a curd with some Milk or Cream, and lay it on the Lemmon with a spoon, then cover it up to the top of the pot with some Cream and whites of Eggs whipped to a froth, and between every lay of curd you must put sugar.

To

*To make a Lemmon Sillibub.*

**T**ake a pint of new Milk, and half a pint of Cream, stir them together with a little Rosewater and sugar; then squeeze into it the juyce of two Lemmons, stir it very well together, and so let it stand an hour, and then eat it.

*To preserve Lemmons to look white.*

**T**ake the palest Lemmons you can get, and chip them very thin; then put them into a linnen cloth, and boyl them two houres in fair water, shifting the water sometimes, then cut them & take out the meat; then put them into another water, and let them boyl about half an hour without a cloth til you find they are very tender; then take their weight and half in sugar, and to a pound of sugar a pint of water, make a Syrup thereof; then lay the Lemmons into a pot, and when the Syrup is no hotter then Milk from a Cow, put it over them, and let them stand a week; then pour the Syrup from them and boyl it again, and put it to them as before, and let them stand another week; then boyl it a-  
gain

gain and put it to them; so do three or four times till you think they are thoroughly done, but never boil the Lemmons in the Syrup, for that spoiles the colour.

*To make a whipt Sillabub.*

**T**ake a pint of Cream, put to it half a pint of Sack, and the whites of four Eggs and some sugar, beat it to a froth with a birchin Rod, and as the froth ariseth, take it off and put it into your Sillabub pot till you have filled it above the brim.

*To make Lemmon Cream.*

**T**ake a quart of Cream, keep it stirring on the fire till it be blood warm; then take the meat of three Lemmons sweetened well with sugar, and a little Orange flower water, sweeten them so well that they may not turn the Cream; then stir them into the Cream over the fire, with the yolkes of six Eggs; be sure to keep it stirring, and as soon as you see it be thick, take it off, and pour it into a dish, and serve it in cold.

T.

*To make several pretty fancies.*

**T**ake sweet Amonds blanch'd and beaten with Rosewater; mix them with fine sugar, the whites of Eggs, and Gum dragon steeped in Rosewater, and so make them into what shape you please, and bake them.

*To make Musk Sugar.*

**T**ake four graines of Musk, bruise it, and tye it up in a piece of fine Lawn, lay it in the bottom of a Gally pot; then fill your Pot with beaten sugar, and cover it close, and in a few days it will both taste and smell of Musk; when you have spent that sugar, lay on more, and do as long as you finde any vertue.

*To make Sugar-plate of the colour and taste of any Flower.*

**B**eat your Flowers very well in a Mortar with a little fair water, or Orange flower water; then add some sugar to them, as much as you think fit, and beat them well

well together; then make it up with Gum dragon steeped, into what shape you please.

*To make French Bûket.*

**T**ake a peck of fine Flower, two ounces of Coriander seeds, one ounce of Aniseeds, the whites of four Eggs, half a pint of Ale yest, and as much water as will make it up into a stiffe paste, your water must be but blood warm; then make it up in a long gear Rowl and bake it, and when it is a day old pare it, and slice it overthwart, then ice it over with fine powder sugar and Rosewater, and the white of an Egg, and put it into the Oven a while; then take it out, and keep it in Boxes all the year.

*To make fine Gingerbread.*

**T**ake three stale Manchets, grate them, dry them, and beat them; then sift them thorow a fine sieve; then put to them one ounce of Ginger beaten and searced fine, as much Cinnamon, half an ounce of Aniseeds, and half an ounce of Liquorice, half a pound of sugar; boyll all these together with a quart of Claret Wine till

till it come to a stiffe paste; then mould it on a Table with a little Flower; and roul it very thin, and print it in moulds; dust your moulds with some of your powdered spices.

*To candy any Spices with a Rock Candy.*

**T**ake a pound of fine Sugar, eight spoonfuls of Rosewater, and a six penny weight of Gum Arabick; boyl them together to a Candy height; then put it into an earthen Pipkin; then put in your spices, having first been steeped in Wine or Rosewater one night, and dried in a cloth; then cover it with a Sawcer, and lute it with clay that no ayr may enter; then keep it in a hot plate for three weeks, and it will candy hard.

You must break your Pot with a Hammar, or else you cannot get them.

Thus you may candy Oranges and Lemmons that are preserved, or any other Fruit.

To

*To candy Oranges or Lemmons after they are preserved.*

**T**ake them out of the syrrop and drain them well, then boile some sugar to a Candy height, and lay your pills in the bottom of a sieve, and pour your hot sugar over them; then dry them in a stove or warme oven.

*To preserve Oranges after the Portugal fashion.*

**O**pen them at one end and take out all the meat, then boile them in several waters till a straw may go thorow them; then take their weight and half of fine sugar, and to every pound of sugar a pinte of water, boile it and skim it, then put in your Oranges and boile them a little; then set them by till the next day, then boile them a little more; then take them up, and fill them with preserved pippins, and boile them again till you think they are enough; and if you will have them jelly, you must make a new syrrop with the water wherein some sliced pippins

H

pins

pins have been boiled, and some fine sugar, and that will be a stiff jelly.

*To make Wafers.*

**T**ake a pinte of flower, a little cream, the yolks of two eggs, a little rosewater, with some searced cinnamon and sugar, work them together, and bake them thin upon hot irons.

*To make a good sort of Usque-  
bath.*

**T**ake two gallons of good Aqua vitæ, four ounces of the best liquorice bruised, four ounces of aniseeds bruised, put them into a wooden, glass or stone vessel, and cover them close, so let them stand a week, then draw off the clearest and sweeten it with Mallasses, then keep it in another vessel, and put in some dates and raisons stoned; be sure to keep it very close from the aire.

To

*To make the brown Metheglin.*

**T**ake strong ale-wort, and put as much honey to it as will make it strong enough to bear an egge, boile them very well together, then set it a cooling; and when it is almost cold put in some ale yest, then put it into a strong vessel; and when it hath done working, put a bagge of spice into the vessel, and some lemmon pill, and stop it up close, and in a few daies it will be fit to drink; but the longer you keep it, the better.

*To dry Cherries.*

**T**ake six pounds of Cherries, stone them, and take a pound of sugar and wet it with the juice of the Cherries and boile it a little; then put in your Cherries, and boile them till they are clear; then let them lye in the syrrop a week, then drain them from the syrrop; then lay them on thin boards or sheets of glass to dry in a stove, turn them twice a day; then when they are dry, wash off the clamminess with warm water, and dry them a little longer.

H 2

To

*To make good Cherry wine.*

**T**Ake the syrop of these Cherries, and when it hath stood a while, bottle it up; and tye down the corks, and in short time it will be very good pleasant wine.

*To make a very fine Custard.*

**T**Ake a quart of cream, boile it with whole spice, then beat the yolks of ten egges, and five whites, mingle them with a little cream; and when your cream is almost cold put your egges into it, and stir them very well, then sweeten it; and take out your Custard into a deep dish and bake it; then serve it in with French comfits strewed on it.



LADIES,

LADIES,

**I** Hope you will say I am better than my words; for here are two hundred very good Receipts added to what was before; I pray practice them carefully, and then censure or esteem

Your Friend and Servant,

Hannah. Wolley.

FINIS.

